from securing quality medical insurance. It is about women who have, time and again, faced gender discrimination in the insurance market.

Just this past Saturday, New Yorkers in my district rallied together to oppose Republican plans to roll back the ACA and make America sick again. We heard from our local hospitals and healthcare providers who talked about how they will be affected by a dramatic surge in charity care. Nationally, healthcare providers could get stuck with \$88 billion in 2019 alone and \$1.1 trillion from 2019 to 2028 in uncompensated care. This will strain resources and make it harder for them to provide care to all their patients.

And we heard from ordinary working people who have benefited from the ACA, people like Juana Alvarez, who was able, for the first time, to secure coverage for herself and her family through this law. We heard from Susan Maples, who told us she would not have been able to start her own business without the health benefits afforded under ACA. These are the people Republicans are planning to harm with their irresponsible, chaotic, and destructive attack on our health system.

Now, let me also note this: The Republican slogan "repeal and replace" is a sham.

What are they going to replace the ACA with?

They have never—not once—put together a realistic, defensible plan to replace the ACA. The Republican plan is not repeal and replace. It should be called "repeal and displace" because it will mean displacing millions of Americans from their health coverage.

So let's be clear. If you are voting to take away the ACA, you are voting to take away health care from millions. And for those who do retain their employer-based coverage, you are voting to increase their premiums, as millions of healthy Americans are taken out of the insurance pool. This is a recipe for disaster. It is a plan to make America sick again, and it cannot stand.

I urge my colleagues to think about what you are doing. Think about going home and looking in the eyes of your constituents and telling them you voted to take away their health coverage. Enough playing politics with health care.

TIME TO GET SERIOUS ABOUT A BALANCED BUDGET AMENDMENT

The SPEAKER pro tempore. The Chair recognizes the gentleman from California (Mr. McCLINTOCK) for 5 minutes.

Mr. McCLINTOCK. Mr. Speaker, in the last 8 years, our Nation's debt has doubled. That means that the Obama administration has borrowed as much in just 8 years as our government borrowed in the 220 years between the first day of the George Washington administration and the last day of the George W. Bush administration.

Our interest costs are now eating us alive. Last year the Congressional

Budget Office warned that within 6 years on our current trajectory, interest payments on the debt will exceed what we now spend for our entire defense budget.

Before we can provide for the common defense and promote the general welfare, we have to be able to pay for it, and our massive debt directly threatens our ability to do so. History warns us that nations that bankrupt themselves aren't around very long.

I am confident that the new administration clearly understands the peril this poses to our country. The nomination of MICK MULVANEY to head the Office of Management and Budget is a powerful signal that this danger will soon be addressed aggressively and effectively.

This debt is our generation's doing. It is our generation's responsibility to set right. When we do so, we will need to leave behind the mechanisms to assure that reckless borrowing never threatens our government again. For this reason, last week I introduced a proposal for a balanced budget amendment to the Constitution, H.J. Res. 12.

The beauty of the American Constitution is in its simplicity and its humility. The American Founders recognized Cicero's wisdom that the best laws are the simplest ones, and they humbly realized they couldn't possibly foresee the circumstances and conditions that might confront future generations. They resisted the temptation to micromanage every decision that might be made in the centuries to come. Instead, they set forth general principles of governance and erected a structure in which human nature itself would naturally guide future decisions to comport with these principles.

In crafting a balanced budget amendment, we need to maintain these qualities. We should not attempt to tell future generations specifically how they should manage their revenues and expenditures in times that we cannot foresee or comprehend. The experience of many States that operate under their own balanced budget amendments tells us that the more complicated and convoluted such strictures become, the more they are circumvented and manipulated.

In 1798, Thomas Jefferson wrote this observation to John Taylor: "I wish it were possible to obtain a single amendment to our Constitution. I would be willing to depend on that alone for the reduction of the administration of our government to the genuine principles of its Constitution; I mean an additional article taking from the federal government the power of borrowing."

What is a balanced budget? It is simply a budget that doesn't require us to borrow. So why don't we just say so, as Jefferson did?

Instead of trying to define fiscal years, outlays, expenditures, revenues, emergencies, contingencies, triggers, sequestrations, and on and on, I would hope we would consider 27 simple words: "The United States Government

may not increase its debt except for a specific purpose by law adopted by three-fourths of the membership of both Houses of Congress." That is it.

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Such an amendment, taking effect 10 years from ratification, would give the government time to put its affairs in order and thereafter, naturally, require future Congresses to maintain both a balanced budget and a prudent reserve to accommodate fluctuations of revenues and routine contingencies.

It trusts that three-fourths of Congress will be able to recognize a genuine emergency when it sees one and that one-fourth of Congress will be strong enough to resist borrowing for trivial reasons. The States' experience warns us that a two-thirds vote is insufficient to protect against profligacy.

Some advocate going much farther and establishing limitations on spending and taxation as well, but prohibiting borrowing sets a natural limit to the limits of the people to tolerate taxation and, therefore, spending. The real danger is when runaway spending is accommodated by borrowing—a hidden future tax. The best and most effective way to invoke that natural limit is a simple prohibition.

In drafting an amendment to guide not only this generation but all those to follow, I would hope that we would do as the Constitutional Convention would have done if it had the benefit of Jefferson's wise counsel: set down the general principle only and allow future generations, with their own insight into their own challenges, to put it to practical effect.

HONORING FNS UNDERSECRETARY KEVIN CONCANNON

The SPEAKER pro tempore. The Chair recognizes the gentleman from Massachusetts (Mr. McGovern) for 5 minutes.

Mr. McGOVERN. Mr. Speaker, I rise today to pay tribute to the incredible work of Kevin Concannon, Under Secretary for Food, Nutrition and Consumer Services at the United States Department of Agriculture.

Kevin's dedication to public service is admirable. Throughout his distinguished career, Kevin has not only served in Federal Government, but he also led Health and Human Services departments in his home State of Maine and in Oregon and in Iowa. Kevin also helped to advance our knowledge of social policy as a graduate professor at several universities across our country.

Since 2009, Kevin has capably led FNS, the division of USDA responsible for administering and overseeing SNAP, the National School Breakfast and Lunch Programs, the Summer Food Service Program, WIC, The Emergency Food Assistance Program, and several other nutrition programs.

Under Kevin's leadership, we have made significant progress in ensuring our most vulnerable neighbors have